

## Zero Suicide: It can be done.

"Suicide claims more lives than war, murder, and natural disasters combined."

– American Foundation for Suicide Prevention

Nationally, one person dies by suicide every 11 minutes.

In 2019, 792 New Jerseyans died by suicide.

Nationally, for every death by suicide, there are about 30 attempts.

– CDC (2022) <https://www.cdc.gov/suicide/facts/index.html>

## The Advent of 988

988 will be a mental health crisis number with calls being handled by National Suicide Prevention Lifeline counselors.

Because of the simplified number, access via texting, and the anticipated decrease in police involvement, the number of crisis calls per state is expected to increase significantly over time.

SAMHSA anticipates an initial "modest increase of 25 percent in call volume" in the months after full implementation.

<https://www.samhsa.gov/sites/default/files/988-appropriations-report.pdf>

## Zero Suicide: It can be done.

Zero Suicide is “a commitment to suicide prevention in health and behavioral health care systems and is also a specific set of strategies and tools. The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are preventable.”<sup>1</sup>



## Zero Suicide: It can be done.

Organizations nationwide that have employed Zero Suicide have found an inspiring 60-80% reduction in suicide rates among those in their care.<sup>1</sup>



## Zero Suicide: Testimonials

"Zero Suicide...will help us in our continued journey towards zero harm."  
- Bergen New Bridge Medical Center, Paramus, NJ

"(Zero Suicide) laid the framework for understanding how to identify risk and consider the unique treatment needs...It also provided guidance about how we, as an agency, can organize our leadership and staff in getting behind this effort and training accordingly."  
- Nurtured Heart Approach ®

"(Zero Suicide) challenged us to think differently about how we provide care center-wide, across all levels of care and populations that we serve. Our ultimate goal at the start of the Academy was to be able to provide safer suicide care and we all left empowered recognizing that we can and need to do this."  
- Richard Hall Community Mental Health Center

## Upcoming Trainings & Consultative Sessions

- Friday, May 20, 10:00am to 12:00pm  
"DBT and Suicide"
- Friday, June 3, 10:00am to 11:00am  
"DBT and Suicide" Q&A and Consultative Session
- Friday, June 10, 10:00am to 12:00pm  
"Suicide Screening and Assessment"
- Friday, June 24, 10:00am to 11:00am  
"Suicide Screening and Assessment" Q&A and Consultative Support
- Friday, July 8, 10:00am to 12:00pm  
"CBT and Suicide"
- Friday, July 22, 10:00am to 12:00pm  
"CBT and Suicide" Q&A and Consultative Support

## Registration

We will be using the Zoom Platform for each of the Zero Suicide events.

Please use this link to register.


<https://rutgers.zoom.us/meeting/register/tJUqf-itqTsvHN3nlwx3NJtD-DUdikVwZqtt>

After registering, you will receive a confirmation email containing information about joining the meeting.

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Thank you for your time and your continued commitment to helping the people we serve to make their lives better.



## Zero Suicide: It can be done. Resources

- 1 Suicide Prevention Resource Center <https://www.sprc.org/zero-suicide>
- 2 United Health Foundation: American Health Rankings <https://www.americashealthrankings.org/explore/annual/measure/Suicide/state/NJ>
- 3 CDC Wonder <https://wonder.cdc.gov/mcd.html>
- 4 New Jersey Department of Health <https://www-doh.state.nj.us/doh-shad/indicator/view/Suicide.year.html>
- 5 New Jersey Department of Health <https://www-doh.state.nj.us/doh-shad/indicator/view/LCOD15to24.CODTrend.html>
- 6 Kaiser Family Foundation <https://www.kff.org/statedata/mental-health-and-substance-use-state-fact-sheets/new-jersey/>
- 7 National Alliance on Mental Illness <https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month>
- 8 SAMHSA <https://www.samhsa.gov/resource/ebp/zero-suicide-toolkit>